



# EVERYDAY HEROES

**COMMITTED TO GENDER EQUALITY  
AND ENDING ABUSE**

**YOUNG PEOPLE WORKING TOGETHER  
WITH PEOPLE IN POWER TO**

**MAKE A SAFER AND  
MORE EQUAL SCOTLAND!**







### Children and young people want action to increase their participation in making change

1. Involve children and young people in every action, review, research and evaluation that affects our lives
2. Make sure young survivors can participate in improving all services
3. Set up a national youth commission on gender equality
4. Set up a national young survivors group to advise on justice
5. Develop an online resource with and for children and young people on the issues we have raised about gender equality and gender based violence: support, information, rights; peer education and social media campaigns

**"Involve children and young people in making Scotland equal and safe - listen and act on our priorities, include us in taking them forward."**

Thank you to all the children and young people involved.

Eight young people met with the powerful person who is in charge of Equally Safe - Cabinet Secretary Angela Constance MSP - and put forward all the recommendations in this booklet. She said:

**"I greatly appreciated the opportunity to meet some of the Everyday Heroes, and commend them all for their thoughtful work here - this will make a significant contribution to ensuring that Equally Safe helps to deliver real change for children and young people. We should never underestimate the power of work done by young people and the insights they have, and I firmly believe we all learn a lot if we open our ears and listen to what they have to tell us."**



**CHILDREN AND YOUNG PEOPLE committed to working together with people in power to make a SAFER and more EQUAL Scotland**

### 'Everyday Heroes' is about children and young people helping to make Scotland a safer and more equal country

A group of young and adult experts designed the Everyday Heroes project to ask children and young people across Scotland

- what could improve the journeys of young abuse survivors through services and the justice system?
- what could help improve societal attitudes and people's lives in relation to gender equality?

125 children and young people took part in workshops run by workers from 17 organisations. Lots of these were young survivors of abuse.

439 young people from across Scotland took part in a youth-led gender equality survey.

The Scottish Government funded this project to make sure children and young people participated in their plan of action called 'Equally Safe'. This leaflet shows young people's top priorities for action.

The people in power - politicians, government and heads of all the services- promise to listen and act on these priorities, and to include children and young people in changing Scotland for the better.



### The top priority for children and young people is urgent action to improve education

Nurseries, schools, colleges and universities should be equal and safe places where:

1. There are no gender stereotypes, you're free to just be yourself
2. There's no such thing as 'girls subjects' and 'boys subjects', it's whatever they like best
3. Teachers are trained in gender equality and gender-based violence
4. Teachers are trained on how to talk to and help children and young people experiencing abuse and there's good support available
5. There are lessons on gender equality, relationships, sex, consent and LGBT issues

**"Work with us to make our education better, with help from experts on these issues."**

### Young survivors want action to improve services

1. Train education staff, police officers, health and social workers in how to best help and support children and young people who have experienced gender-based violence
2. Give children and young people clear information about gender-based violence services and how to get help from them. Make sure professionals know about these too
3. All services should have child and young person-friendly spaces that are safe, warm, comfortable and relaxed
4. More children and young people should get help from specialist support workers and advocacy workers who understand gender-based violence, who they trust and who can speak up for them when needed
5. Make sure children and young people's right to privacy is respected. Ask children and young people for their consent before sharing information about them

**"It's important for us to be involved. You don't know what survivors need until you ask them."**

### Young survivors want action to improve their journeys through the justice system

1. Adults in the justice system need to make it easier for children and young people to say what they think and to take this seriously when making decisions about children's lives
2. Make sure children and young people have their own worker straight away who knows about children's rights and the justice system, can listen to them and help them give their views
3. Give children and young people clearer, easy to understand information about what, why and when something is happening - at every step of their journey through the justice system
4. Courts and police need to make children and young people feel more welcome, at ease, comfortable and safe
5. Adults working in justice (e.g. sheriffs, solicitors, police) need training on gender-based violence, children's rights and how to listen to children/young people

**"Get young people involved who have experienced abuse, get a group together to help people in power."**

### Children and young people want action on gender inequality and changing attitudes in society

1. Homes and families should be places where girls and boys are equal and LGBT children and young people are empowered and supported
2. The media should show women's achievements and should not promote gender stereotypes or sexualise women and girls
3. Women and men should be able to do any kind of work and should get equal pay. They should be treated equally at work and childcare should be shared
4. There should be equal opportunity for young people from all backgrounds to get involved in politics and have an influence
5. There should be equal representation of women from all backgrounds in politics

**"Young people should be included in conversations regarding gender inequality more regularly."**

